



The Colorado Trail Foundation

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WHAT TO BRING ON A CTF BACKPACK CREW

Each participant must backpack their personal gear and trail tool(s) provided by the CTF from the meeting place (car) to camp. The CTF provides food-hanging equipment, a group tarp, and backcountry toilet facilities. Communicate with crew leader in advance for driving particulars including whether the meeting location requires 4wd or not.

ESSENTIAL ITEMS

- Food:** enough for your entire trip (and stuff sacks to hang it in)
- Cooking Gear:** stove & fuel, pot
- Eating Utensils:** Cup, plate, fork, knife and spoon.
- Water Bottle(s) or Hydration Bladder:** minimum two-quart capacity.
- Means of Water Purification:** filter, tablets, or UV.
- Backpack:** to carry your water (minimum two quarts), all your equipment & personal items; larger often better than smaller.
- Tent/Sleeping System:** with rain fly, ground cloth, closed cell foam pad or insulated air mattress that will allow you to sleep comfortably for the length of the crew, sleeping bag *at least 25F (-4C)*. At high altitude temps **can drop below freezing** at night.
- Work Clothing:** long pants, work gloves, sturdy (leather) work or hiking boots. For safety reasons *canvas footgear is not allowed* while working on the trail.
- Warm Clothing:** hat, gloves, sweater, long underwear, long sleeve shirt or sweat shirt, warm jacket and socks. (Choose synthetics or wool; avoid cotton.) Early morning temps are **often below freezing**.
- Rain Gear:** in all cases. You will likely get rained on sometime during the week!
- Flashlight or Headlamp:** and extra batteries.
- Sun Protection:** sun screen, lip balm, hat with brim.
- Toilet Articles:** toothbrush, soap, towel, toilet paper, trowel for digging cat hole
- Eye Protection:** sunglasses or safety glasses for flying rock chips.
- Mosquito Repellent.**
- First Aid Items:** pain reliever, moleskin, bandages, etc. A complete 1st Aid kit will be available on-site.
- Prescription Medications**

OPTIONAL ITEMS (all nice if weight and space are not a problem)

- Sun shower bag (very desirable)
- Map and compass or GPS for hiking on off days
- Tennis or camp shoes and casual clothing for in-camp use
- Musical instruments: harmonica, guitar, flute
- Games: cards, frisbee
- Reading materials: magazine, book, flora/fauna field guides
- Fishing gear (location dependent)
- Binoculars
- Camera (the CTF would value you sharing your good photos - we need them for publications)
- Light-weight, comfortable folding chair

**Dogs & firearms are not permitted on CT crews, in part due to US Forest Service regulations.*